



### SWAG™ TRAINING TIP:

Spot to Spot could also be performed on a hill to increase intensity.

Spot to Spot as a cardio activity is a controlled sprint that is fun for your dog and engages both their mind and body.



#### TOOLS:

Collar or Harness, Leash (Flexi Lead), K9FITvest (try with and without to note form)



#### DURATION:

Repeat 4-6 times per set. Down and Back is 1. Start with 1-3 sets for an unconditioned dog. Rest in between sets 1-2 minutes.



#### INTENSITY:

Increase speed, use K9FITvest, and remove lead as fitness and recall improves. Watch for fluid clean form. Strive for full speed in between targets.



#### STRENGTHENS:

Increases overall muscle strength and stamina.



#### What is Spot to Spot?

Spot to Spot can be a controlled activity (using a lead) or free form using hand signals and verbal cues; or with two people that perform a back and forth recall with a SPOT target. Use two targets for your dog approximately 10-50 feet apart. Designate them as your training targets or "Spot".

#### Where Can I Do Spot to Spot?

Spot to Spot can be performed inside or outside. Start with a level surface like a bed or a mat that you can designate as Spot. Increase intensity by using slightly elevated targets to warm up propulsion muscles.

#### Spot to Spot Guidelines:

Create two targets for your dog. Ideally at least 10 ft apart.

- 1) Use a High-Value Smelly Treat for a Lure
- 2) Walk/Run Your Dog to Spot 1 - Identify as "Spot"
- 3) Ask Your Dog to Sit and Reward with a Treat
- 4) Walk Your Dog to Spot 2 - Identify as "Spot".
- 5) Ask Your Dog to Sit and Reward with a Treat
- 6) Increase Speed, Remove Leash if Controlled Recall

#### Goal:

Strive for full cooperation of a Sit at each Spot for additional muscle strengthening benefits.